

A guide to your ride

Tips, techniques
and street
smarts to make
your ride safer
and more
rewarding



smarttrips: eugene

Table of Contents

Benefits of Bicycling: Health, Environment, Livability	3
Clearing Your Bike For Take-off: Starting out right	4
Tires, Wheels, Brakes, Quick Release, Chain	
Two Wheel Life: Staying smart, safe and legal.....	6
Signaling Turns, Passing, Using Bike Lanes, Where to Ride, Sidewalks and Multi-Use Path Riding, Car Doors, Getting a Green Light, Equipment Requirements	
Accessorize Your Ride: Some add-ons to make life easier	9
Bike Locks, Being Seen, Managing the Moisture, Carrying Cargo and Kids	
Accessorize Yourself: Dressing right improves the ride	11
Helmets, Leg Bands, Gloves, Layering, Reflective and Bright Clothing, Rain Gear, Shoes and Pedals	
Getting Down to Basics: Adjusting your bike for a comfortable ride	13
Bike Type, Bike Size, Seat Types, Adjusting Your Seat	
Getting Around Eugene: Making your trips by bike	15
Picking Your Route, Bikes on Transit, Bike Parking, Lock It Right, More Theft Protection, Hey, Where's My Bike?, Maintenance on the Fly	
Bikes and Transit: An ideal combination	16
Cycling Technique: Improve your skills for safer, more comfortable cycling.....	17
Braking Expertise, Shoulder Checking, Shifting Gears, The Fast Start, Cornering, Road Hazards, Watch Those Tracks, Stay Out of the Blind Spot!, The Box Left Turn, When in Doubt, Slow Down	
Community Resources for Cyclists	19



Benefits of Bicycling: Health, Environment, Livability

WHY BIKE? HOW ABOUT...

Saving time, saving money, improving your health, helping your community and because it's fun!

Saving time:

Most trips in town are less than 2 miles. This means even at an easy pace you can arrive in about 10 minutes, with no parking hassles. A benefit of biking longer trips, such as your commute to work, is you can skip a trip to the gym that day.

Saving money:

Ever drive to the supermarket and then stop by the gas station on the way home? When you bike you can skip that second stop – you've already purchased your bike's fuel! The more trips you make by bike, the less money you have to budget for oil changes, tune-ups, tire replacement, parking, etc. You can even save money on auto insurance if you drive fewer miles per year. Some families find they can eliminate the need for a second car by using bikes.

Improving your health:

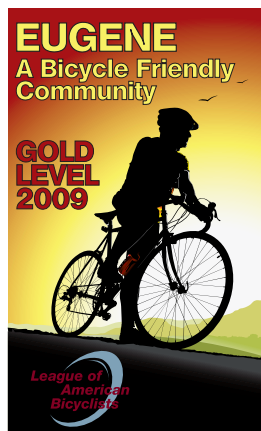
Pop-quiz – which is a greater hazard: negotiating traffic or sitting on the couch? If you guessed an inactive lifestyle, you win! The Surgeon General suggests that significant health benefits can be obtained by 30 minutes of moderate physical activity 5 days a week. If students ride to school they will have better focus and attention in the classroom. You don't have to ride like Lance Armstrong to see and feel the positive effects of biking.

Helping your community:

So you want to reduce air and water pollution, create safer streets for kids, support a quieter neighborhood, lessen the need for expensive road repair and create a friendlier environment to live in, but you're a little short on time and money? Ride a bike!

Maybe the best reason of all....

Regular cyclists will tell you that even when the weather is dismal, they arrive at work feeling happy. Scientists struggle to explain this phenomenon, citing endorphins and increased oxygen flow to the brain. But the best proof is your friendly neighborhood 8-year-old kids – they are experts at identifying what is fun. Just watch a child's face light up when he or she gets on a bike.



DID YOU KNOW

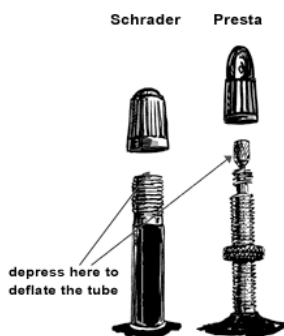
- The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle.
- The most efficient machine on earth in terms of weight transported over distance for energy expended is a human on a bicycle.

Clearing your bike for takeoff: Starting out right

A safe bike is essential: use this simple list to help ensure a safe and trouble-free ride. If your bike doesn't pass one of the simple checks below, take it to a bike shop for further inspection and repair.

TIRE PRESSURE

Keeping tires correctly inflated helps avoid flats and makes your ride easier. The easiest way to check the pressure is using a pump with a gauge. If you look closely, the recommended tire pressure is listed on the side of your tire. If you don't have a gauge, pump up your tires so that it is difficult to push your fingers into the tire. There are two kinds of tire valves (see illustration) and most tire pumps are adaptable to either one.



TIRE WEAR AND TEAR

It is common for tires to become worn after about 1,000 miles of riding. Tires can also get hard and brittle with age. Check the sides of your tires (the sidewalls) for significant cracks – that may mean you need new tires. Frequent flat tires may mean the tread is thin and the tire needs replacing.

WHEELS

A wheel should not wobble when it rotates. A wobbly, "untrue" wheel can rub against the brake pads and cause your brakes to perform poorly. To check, turn your bike upside down and spin the wheels while looking closely at the brake pads. The gap between the rim and the brake pad should stay relatively constant.

DID YOU KNOW

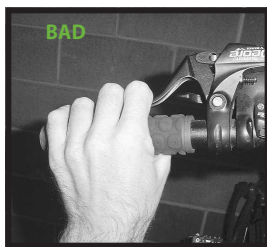
Car tires have tread to avoid hydroplaning in wet conditions, but bicycle tires are thin enough that hydroplaning is not a problem. In fact, bicycle tires for road use have no need of any sort of tread features. Unfortunately, many people assume that a smooth tire will be slippery. Do slick tires get slippery on wet roads, or metal features like utility covers and railroad tracks? The answer is, yes, they do; but so do tires with tread. All tires are slippery in these conditions. Tread features make no improvement in this.

from www.SheldonBrown.com

BRAKES

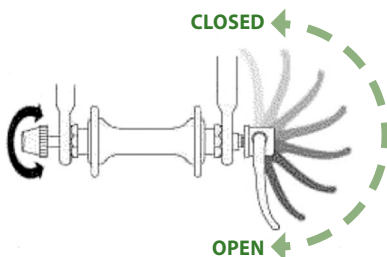
When you squeeze your brake levers, they should stop before they touch the handlebars. If they don't, tighten the brake cable. Your brakes may have a cable adjusting barrel that allows you to do this easily. Also, keeping your wheel rims free of dirt and grease will improve brake performance considerably. Use an old rag to periodically wipe the grime off the rims, especially when you've been riding during wet weather.

Also, brake pads (the hard rubber pad that rubs the wheel rim when you brake) wear down and eventually wear out. Many have a "wear line" showing you when they need replacement. Ask your friendly local bike shop. Brake pad replacement is relatively inexpensive and good brakes for your bike are essential.



QUICK RELEASE

Many bikes have quick release levers on the wheels. Make sure that the levers are solidly locked (snug and curved in towards the bike). Inspect the quick releases visually every time you ride. If you have questions about how to lock a quick release lever, stop by your friendly local bike shop.



CHAIN

Lean your bike against a wall or, better yet, have someone hold it for you. Crouch beside the bike and slowly rotate the pedals backward, checking to make sure the chain turns smoothly. Wipe the grit off your chain with a rag then sparingly apply a light oil to the chain and wipe off the excess with a rag.

DO THE ABC QUICK CHECK:

- A**ir – Is tire inflation OK? Not too squishy?
 - B**reaks – Working well? Stopping you quickly?
 - C**hain and Cranks – Pedaling smoothly? No squeaking?
 - Q**uick releases – Closed and tight?
 - C**heck – Anything loose or rattling on the bike?
- A quiet bike is a good bike!

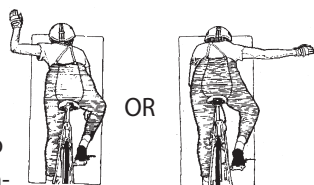
Two Wheel Life:

Staying smart, safe & legal

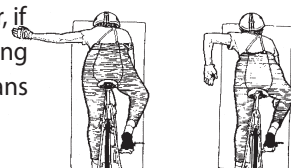
Knowing your responsibilities and rights as a cyclist is important to staying safe and feeling confident on your bike. In general, the same traffic rules and regulations for vehicle drivers apply to bicyclists. Read on for a brief summary of the most important laws and traffic considerations that pertain to bicyclists. See the *Resources* section (page 19) at the back of this booklet on where to find more detailed information on bike safety and the law.

SIGNALING TURNS

Hand signals indicating a turn are required of cyclists for at least 100 feet before a turn or stop except when both hands are necessary to control or operate the bicycle. When approaching a turn, you'll often need both hands for braking and your own general safety. However, if you have an available hand then communicating your intentions with others – drivers, pedestrians and other cyclists – by using signals is a great way to foster harmony on the road.



Right Turn



Left Turn

Stop

PASSING

You may pass a motor vehicle on the right in a bike lane, but do so cautiously: some drivers may want to turn right at the next street or driveway and neglect to use their turn signal. Stay out of the driver's blind spot at intersections and other places where a driver could turn right (see also Using Bike Lanes below).

Outside of a bike lane, you're permitted to overtake and pass a motor vehicle on the right if you can "safely make the passage under the existing conditions". Do so very carefully – if you have any doubts about whether it's safe, don't do it.



USING BIKE LANES

Motor vehicles are required to yield to a bicyclist in a bike lane. Buses and cars can load and unload in bike lanes but are not allowed to use bike lanes for parking. Motorized wheelchairs are permitted on bike lanes and paths. Bicyclists may ride outside a designated bike lane when:

- overtaking and passing another bicycle, a vehicle or a pedestrian that is in the bike lane
- preparing for a left or right hand turn
- avoiding debris or other hazardous conditions

BIKING BASICS

- Ride with traffic, in a predictable manner
- Obey traffic controls (stop signs, signals, etc.)
- Maintain control of your bicycle
- Be visible and aware

When overtaking a slower moving motor vehicle in a bike lane, use extreme caution – drivers don't always use turn signals and may not expect a cyclist to be passing them on the right.

WHERE TO RIDE?

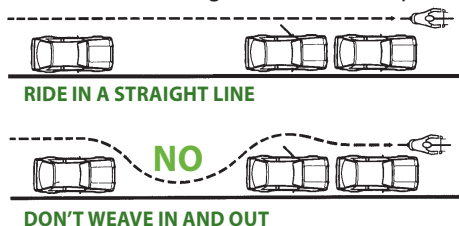
If you're riding a bicycle on a road at less than the normal speed of traffic, you're required to ride "as close as practicable to the curb or edge of roadway" except when:

- overtaking or passing another bicycle or vehicle,
- preparing to execute a left turn,
- avoiding hazardous conditions, or
- the lane is not wide enough to allow safe passing by a motor vehicle.

In all of the above cases, a bicyclist may need to "take the lane" to avoid being squeezed up against the curb or parked cars by passing motor vehicle traffic.

Maintain a straight a line of travel and avoid weaving in and out of the parking lane. This helps make you more predictable to other road users.

Also, bicyclists can ride side-by-side as long as they don't impede the normal movement of traffic.



SIDEWALK AND SHARED USE PATH RIDING

Cyclists must yield to all pedestrians on sidewalks and in marked or unmarked crosswalks. Give a warning (use a bell or your voice) before overtaking pedestrians from behind. Riding on sidewalks in the core area of downtown Eugene is prohibited (in the area bounded by Lincoln St, 8th Ave, Pearl St and 13th Ave).

Eugene's beautiful non-motorized paths, such as the Ruth Bascom Riverbank Path System, are very popular and as a result are often quite crowded with all types of users. It's your responsibility to yield to pedestrians, so slow down a bit and enjoy the scenery!



CAR DOORS

It is illegal for a motorist to open a car door if it interferes with the movement of traffic or leave a door open for a period of time longer than is necessary to load or unload passengers. When riding next to parked cars, particularly in heavily used parking areas, be alert to car doors opening suddenly in front of you. Scan ahead to see if driver or passengers are in the car on the street side. Give yourself a buffer by riding a little farther away from the "door zone".

GETTING A GREEN LIGHT

Some traffic signals are triggered by electrically-charged wires buried in the pavement. When a vehicle stops over the wires, the metal disrupts the current, which sends a signal to the traffic signal control box. While a car is easily detected by the sensors and a pedestrian can push a button to get the “walk” sign, a bicycle – with relatively little metal – must be in the right spot to be detected.

To make sure that cyclists can easily “get the green” the City of Eugene may mark the location of these sensors to indicate where a bicycle needs to be positioned on the roadway to activate the signal. Put your bike tires on the lines. If a car is already waiting, it will activate the signal for you.



Some of Eugene’s traffic signals with sensors are marked for bikes, but not all. You can recognize these un-marked sensors by looking for narrow cut lines in the pavement, usually in a diamond shape, that are filled with tar. You should be able to activate the signal by positioning your bike in the middle of the diamond shape (sensor).

EQUIPMENT REQUIREMENTS

Helmets are mandatory for everyone under the age of 16 years unless wearing a helmet “would violate a religious belief or practice of the person”. For those 16 or older, helmets are a really good idea: they’re comfortable, relatively inexpensive and oh-so-stylish. If you ever need it – and we hope you don’t – you’ll be very glad to have it.

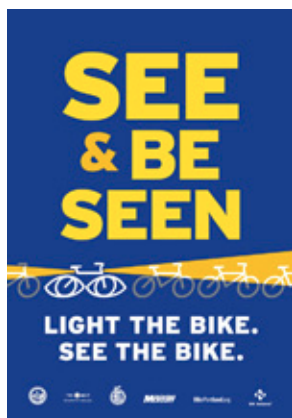


Required lighting equipment includes:

- 1) a white light visible from at least 500 feet and
- 2) a red rear reflector or light visible from at least 600 feet.

Lighting equipment must be used during limited visibility conditions. See *Accessorize Your Ride* (pg. 9) for more information on lighting equipment.

Bikes must be equipped with a brake that is strong enough to skid on dry, level, clean pavement. If your bike won’t do this, see the “Brakes” section (pg. 5)



Accessorize Your Ride:

Some add-ons to make life easier

You have your bike, and you're ready to go. Check out this overview of popular bike accessories before you head out the door; small investments can make a big difference in the comfort and convenience of your ride.

CHAIN, CABLE AND U-LOCK

One of the most basic pieces of gear for your bike is a good lock. There are a variety of different types of locks; your local bike shop will be glad to help you select one that meets your needs.

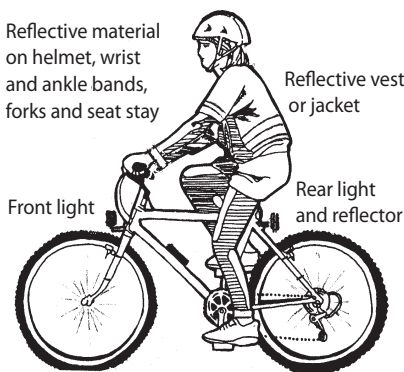


BEING SEEN

Unless you only ride on the brightest and sunniest of days, you need to have lights. Flashing L.E.D. lights for both the front and rear of your bike are an inexpensive and invaluable piece of safety equipment. They're good to have on those gray days too! If you ride in an area where there's not much in the way of street lights, a solid beam front light that illuminates the road can be a good investment.

Reflective material on helmet, wrist and ankle bands, forks and seat stay

Reflective vest or jacket



MANAGING THE MOISTURE

Even if you don't normally ride in the rain, fenders (aka mudguards) make riding on wet streets a much better experience. Fenders will keep water and grit that your tires pick up from being sprayed onto your feet and legs. Your local bike shop can set you up.



CARRYING CARGO AND KIDS:

You can haul a lot on a bike if you're properly equipped. Trying to carry a lot on a bike when you're not equipped is frustrating, not to mention dangerous. Ever seen someone riding with heavy plastic grocery bags dangling from the handlebars? Yikes!

Here are some ways to carry your cargo:

1) Some Cargo:

A basic backpack is very convenient for small loads but doesn't hold a lot and can make for a hot and awkward ride when loaded.

A "messenger bag" has a single strap that rests on your opposite shoulder; also does not hold a lot.



2) More Cargo:

A rack for the rear of your bike is extremely useful. You'll need one to be able to use panniers, buckets and some baskets.

Panniers are bags that attach to a rear bike rack. These are usually waterproof, removable and allow you to carry more weight.

Baskets and buckets are generally a less expensive option for carrying more weight. Baskets can attach to the front or rear of your bike. Some are collapsible and others are easily removable to go in the store with you. Also, plastic "bike buckets" are inexpensive and functional.



3) Most Cargo:

Trailers attach to the rear of your bike and are the best for carrying large loads be it children, pets, groceries or whatever else you can think of. Hot tip: watch the classified ads for inexpensive used trailers.



4) Carrying Children – the ultimate precious cargo:

There are seats that can be mounted on a bike – usually above the rear wheel – to allow you to carry a child on your bike. The child is secured into the seat by safety straps. Keep in mind that because of its height, this type carrier alters your center of gravity while riding and increases the risk of losing balance. Most bike trailers are designed to carry kids, along with a shopping bag or two. Bike tag-alongs or trail-a-bikes are designed for older children and allow the child to pedal along with you.



Tag-along bike

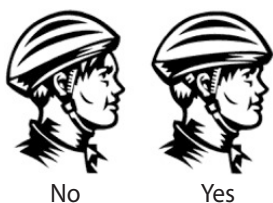
For any of the devices for carrying children, check the manufacturer's specifications for how to safely use the product, as well as any age and/or weight limitations.

Accessorize yourself: Dressing right improves the ride

There is gear that everyone should wear every time they ride and then there is gear made for various conditions. These conditions include long rides and riding at night, in the rain and in the cold. Choosing the right clothing will take a bit of experimentation on your part, but here's an overview to get you started.

HELMETS

It's really basic: wear one. Do we really need to say more? OK, how about: you only need a helmet if you've got a head on your shoulders. If you're under 16 years of age, Oregon law requires that you wear a helmet.



LEG BANDS

Leg bands are a cheap and easy way to keep your pant leg free of chain grease. Your launderer will thank you.

GLOVES

Wearing gloves serves two purposes: they can protect your hands from the elements and can prevent aches and pains in your hands and wrists. Use full-fingered in cooler weather and half-fingered in warmer weather.

LAYERING

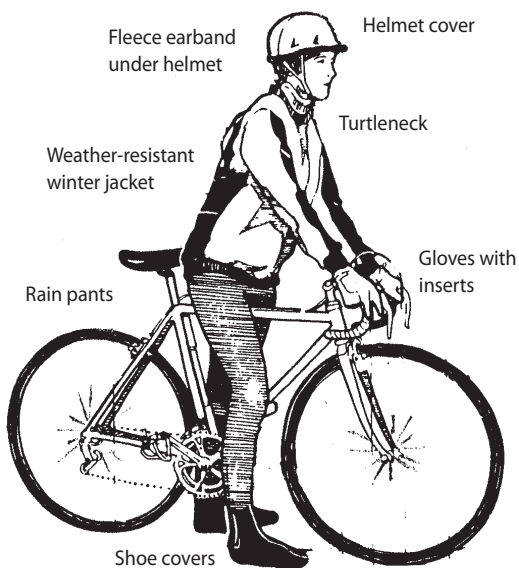
Layering can be the key to staying comfortable when riding in the wet and/or cold. Multiple layers can be a low cost alternative to performance clothing. In addition, a layer can easily be added or removed to improve comfort on the fly. Try a base layer that breathes, another layer that provides warmth and an outer layer that keeps out the wind and rain.

REFLECTIVE AND BRIGHT CLOTHING

The right clothing can provide you with added visibility during dark or low light conditions. You can buy clothing with reflective panels and/or piping or add reflective tape to existing items. NOTE: reflective clothing is not a substitute for bicycle lighting equipment.

RAIN GEAR

Water-resistant and waterproof clothing specific to cycling can make year-



round riding a breeze. A good rain jacket with a longer flap in the back is a good start. If you desire you can also buy rain pants, waterproof gloves, helmet covers and shoe covers.

SHOES AND PEDALS

Generally, any shoe will do (except, skip the high heels). Choose something casual and comfortable with a good traction sole. Toe clips (cages are attached to the pedals that your foot slips into) can be added for better pedaling efficiency. A more technical alternative is a pair of clipless pedals that require cleated shoes.



SOME INEXPENSIVE WET WEATHER TIPS:

- When parking outside in wet weather, carry a plastic bag to put over your seat – avoid a wet bottom!
- You can also use plastic bags to keep you feet dry – just rubber band 'em on.
- Keep a pair of socks and shoes at your workplace, so even if your feet do get wet during the ride they'll soon be warm and dry.



Getting down to basics: Adjusting your bike for a comfortable ride

Making sure your bike fits you correctly can be crucial to the enjoyment of bicycling. Most bike shops will help you adjust your bike so it's set up for maximum comfort. Here are a few key considerations.

BIKE TYPE

It's not a one type-fits-all world. Mountain bikes, hybrids, and comfort bikes with upright handlebars and wider tires are well suited to shorter trips on city streets, while road bikes with drop handlebars and narrower tires may be a better choice for longer-distance trips. Then, of course, there are recumbent bikes, folding bikes, tandems, fixies and more. Curious about the possibilities? Visit a local bike shop or two, they'll be glad to help you find a ride that's right for you.



BIKE SIZE

Most bike shops will help you figure out the best fitting bike for you. If your bike's frame is too tall, too short or too long, it can be very hard to adjust the other components to make you comfortable. Here are some general guidelines:

For on-road riding there should be about 1 to 2 inches between the top bar of the bike frame and your inseam.

For off-road riding, there should be about 3 to 4 inches between the top bar of the bike frame and your inseam.



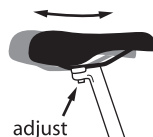
SEAT (AKA SADDLE) TYPES

A seat is a seat, right? Actually, there are a wide variety of seats for nearly every type of rider. Seats can be made for comfort or speed and come gender specific. Ask your local bike shop for help in selecting the best seat for your needs.

ADJUSTING YOUR SEAT

The key adjustments to a seat are:

- Fore/aft: a general rule is $1\frac{3}{4}$ to $2\frac{1}{2}$ inches from the nose of the seat to a vertical line through the bottom bracket.
- Angle: start out level, then find what is comfortable.
- Height: with your pedal at the bottom of the pedal stroke and your heel on the pedal, your leg should be completely straight (then your leg will be slightly bent when riding normally).



Getting around Eugene: Making your trips by bike

While some trips by bike are as simple as getting on and pedaling, a little planning is a good idea for longer, unfamiliar trips.

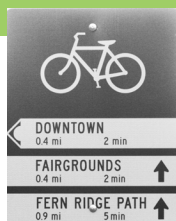
PICK YOUR ROUTE

By choosing good routes for your bike trips you can make your rides safer and more pleasant. The route you normally drive may not be the best route by bike. When planning your route, locate your starting point and your destination on the Eugene/Springfield: Bicycle Map and Resource Guide and determine the best bike routes that connect the two. There may be several options so choose the best route for you. If possible, you may want to test it out first on a day when you're not in a hurry to be at school, work or other appointment at a certain time. You can find the Eugene/Springfield Bicycle Map at most City offices and bike shops for FREE.



NEW EUGENE ROUTE MARKINGS

A number of local streets and multi-use paths have route signs and markings to help bicyclists find their way. If you prefer cycling on low traffic streets over bike lanes, check out the Citywide or Neighborhood bike maps to plot your route.



Eugene also has a new, online, route finding feature at maps.google.com. Select "Get Directions" and then proceed to type in your starting point and your end destination, select bicycle in the drop down menu and *Google Maps™* will help select a route for you. Usually *Google Maps™* will give one or two options.

BRINGING YOUR BIKE ON BUSES AND THE EMX

All LTD buses and the EmX carry bikes. It's easy – just pay the normal fare and bring your bike along! See *Bikes and Transit* (pg. 16) for information on how to bring your bike on Eugene public transit.

BIKE PARKING

Eugene is decorated with on-street bike parking and most businesses provide bike racks, so finding somewhere to lock up at your destination usually isn't too hard. If you are planning a commute trip, scout out in advance the best place to park your bike.

LOCK IT RIGHT

At a minimum you should put your lock through your frame and the front wheel. This is especially important if you have a quick release wheel, since if you only lock the wheel, the rest of your bicycle can be detached and carried away. Options for locking the frame and both wheels include: 1) removing the front wheel so it can be locked with the rest of the bike and 2) using two locks.



LOCK-UP TIP: Locking both the frame and the front wheel makes breaking your U-lock tougher for thieves, and it helps keep your bike from falling over if it's bumped.

MORE THEFT PREVENTION

First, remove items from your bike that can be quickly and easily stolen. These include quick release seats, bags and lights. Next, make sure that you have taken as much slack out of your lock as possible to prevent your bike from tipping and to discourage thieves from prying. Also, some people find that making their bike less attractive is an effective theft deterrent. This can involve riding an older bike or using paint and stickers to make a newer bike appear older.

HEY, WHERE'S MY BIKE?

Don't give up hope, all is not lost! Stolen bikes are sometimes reclaimed, but in order to greatly increase the chances of your cherished steed returning, you'll need to do three things:

- Register your bike with the city: 541-682-5178
- Report the theft to the Police, and
- Give them the bicycle's serial number and description.

What, you don't know your bike's serial number? Well now's the time to find out. The serial number is usually located underneath the bottom bracket (that's where the pedals and crank connect to the frame), but not always. If you can't find it, your local bike shop will be glad to help you locate it. Record the serial number and put it in a place where you can find it if it's needed.

MAINTENANCE ON THE FLY

The most common mechanical problem that bicyclists experience is a flat tire, also known as a "tyre puncture" across the Pond, or "un pinchazo" south of the border. By any name, it's not much fun. But it's actually surprisingly easy, if a bit grimy, to fix a flat tire. Want to know how? Call us at 541-682-5291 and ask for the *Roadside Tips and Repair Guide*. Once you've learned how, you'll want to impress all your friends with your newfound skill.

3 THINGS YOU CAN DO IF YOU GET A FLAT EN ROUTE:

- Call your sweetie for a lift
- Put your bike on the bus or EMX
- Fix it – Yes, you can!



Bikes & Transit:

An ideal combination

TRANSIT SERVICE IN EUGENE/SPRINGFIELD AREA

LTD: Lane Transit District (www.ltd.org)

For instructions on how to carry your bike on buses or the EmX, call Point-2Point Solutions at 541-682-6132.

NOTE: When you're getting off the bus, let the driver know you'll be unloading your bike.

Getting On the Bus with Your Bike:

1. All LTD buses have bike racks on the front of the bus. Step from the curb to the front of the bus to load your bike.
2. Pull the handle (located on the middle-top of the bike rack) to release the rack from its upright position. (There are instructions on the rack itself and on the front of the bus.)
3. Lift your bike onto the bike rack, fitting the wheels into the wheel slots. (Each slot is labeled for the front and rear wheel.)
4. Raise the support arm and place the hook over the front tire close to the fork. For BMX-style bikes, place the support arm over the bike's frame.

Getting Off the Bus with Your Bike:

1. As you approach your bus stop, let the bus operator know that you will be unloading your bike.
2. Be sure to use the front door to exit the bus.
3. Raise the support arm up and off the tire.
4. Lift your bike out of the rack.
5. Return the rack back to its upright position if there are no other bikes loaded and if no other people need to use it at the bus stop.
6. Step away from the bus with your bike, hop on and ride!

Remember:

- It is your responsibility to load and unload your bike. Bus operators cannot assist you.
- Remove any bike attachments that may interfere with the operation of bus safety equipment. Bikes that do not properly fit in the rack will not be transported.
- On rural routes, two bikes are allowed inside the bus. Guests must secure bikes in the wheelchair areas, and they are required to deboard if a guest needs the wheelchair area.

For more information, call LTD Guest Services at 541-687-5555 (800-735-2900 TTY-Oregon Relay).

AMTRAK Eugene, Portland, Seattle, Vancouver. Reservations necessary to carry unboxed bikes (\$5 fee)

www.amtrackcascades.com/Bicycles.aspx / 1-800-872-7245

Cycling Technique: Improve your skills for safer, more comfortable cycling

There are lots of riding techniques and insider tips that most people learn bit by bit. We'll save you some time and trouble. Don't be shy about finding a vacant parking lot or playground and practice your moves.

BRAKING EXPERTISE

Get to know your brakes. Rear wheels brakes (usually the right hand lever) are very different from front wheel brakes. The front brake has more stopping power than the rear, but also requires more skill to avoid stopping too abruptly. Spend some time in a vacant parking lot getting the feel. For emergency braking (1) shift your weight toward the rear of the saddle and get your torso as low as possible while (2) applying even pressure to both brakes. Practice this too!

SHOULDER CHECKING OR LOOKING BEHIND

Cyclists need to check traffic behind them when changing lanes or merging, just as drivers do when using a rear-view mirror. Practice the "shoulder check" in a vacant parking lot until you can do it without swerving. If your neck doesn't like turning that far to look over your shoulder, try pivoting at the waist and hips a bit as well – the knee on the side you're turning to can point out a bit.

Also, mirrors (either the helmet mount or handle-bar mount variety) can be helpful, though they're not a complete substitute for shoulder checking.



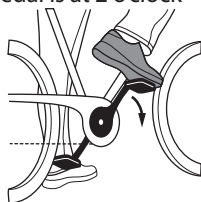
SHIFTING GEARS

Use your gears to keep how fast you turn the pedals (aka "cadence") fairly constant and easy. Downshift to an easier gear when coming to a stop so that when you start up again you'll be in an appropriate gear. For going up hills, shift to an easier gear before the pedaling becomes too difficult. A cadence of about 60 to 80 pedal revolutions per minute is a good target for most cyclists.

THE FAST START

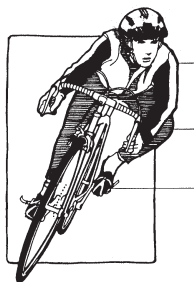
Making a smooth and quick take-off is deceptively easy. Here's how:

- Stand over the frame in front of the saddle. Hold the brake levers so the bike won't roll.
- Lift your right foot (if you're "left-footed", start with your left foot instead) and put it on the pedal. Turn the crank backwards until the pedal is at 2 o'clock position – forward and high.
- Let go of the brakes and push down on the pedal. The first pedal stroke starts the bike moving and lifts you up to the saddle.
- When the opposite pedal comes to the top position put your foot on it for the second pedal stroke.



CORNERING

Slow down before you turn. Applying the brakes during a turn can cause you to skid. For more stability while turning, keep the inside pedal up.

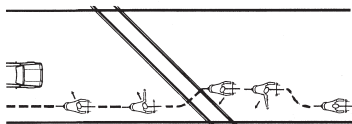


ROAD HAZARDS

Railroad tracks, wet leaves, metal utility covers, thermoplastic road markings and gravel are just a few things that can pose problems for cyclists. When riding over any of these surfaces, especially when wet, avoid braking and turning. For any rough surface, shift some of the weight off of your seat and onto your hands (handlebars) and feet (pedals).

WATCH THOSE TRACKS!

Cross tracks at as close to a right angle as possible. Tracks are slippery, especially when wet, so don't alter your course or speed as you cross. If you can't get a good crossing angle, or if the surface looks too rough, it's OK to walk your bike across.



STAY OUT OF THE BLIND SPOT!

When overtaking a slower motorist while in a bike lane use extreme caution – make sure you stay out of the driver's "blind spot" especially at locations where a driver could turn right across your path, like intersections and driveways.

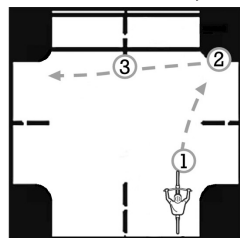
- Stay a little bit ahead of the vehicle, so the driver can see you in front of them, or
- Stay far enough back so that if the vehicle suddenly turns right or stops you'll be able to stop your bike safely.



THE BOX LEFT TURN

Merging across traffic on a busy street to make a left turn can be a very difficult maneuver even for an experienced cyclist. Here's how you can make that turn without the stress:

1. Ride through intersection on right
2. Stop and turn your bike; and
3. Proceed with caution, obeying traffic controls.



Community Resources for Cyclists

WHEN IN DOUBT, SLOW DOWN

When biking, it's easy to pull over to the side of the road and assess the situation. Slowing down also decreases your stopping/braking distance, giving you more time to react to the unexpected.

STREET MAINTENANCE AND TRAFFIC SAFETY

To report problems on City streets, call the number below or email.

- City of Eugene, Public Works Maintenance (8am-5pm) 541-682-4800 or pwmaintenance@ci.eugene.or.us
- City of Eugene, Bike and Pedestrian Coordinator, lee.shoemaker@ci.eugene.or.us

BIKE REPAIR AND MAINTENANCE INFORMATION

Shops that offer classes in flat repair and basic maintenance:

- U of O Outdoor Program 541-346-4365
- Paul's Bicycle Way of Life 541-342-6155
- REI 541-465-1800

For more information, call the City of Eugene Bike and Pedestrian Coordinator at 541-682-5471.

BICYCLE SAFETY PROGRAMS AND INFORMATION

Greater Eugene Area Riders (GEARs) offers periodic workshops on safe bike commuting for adults, kids and families and occasional cyclists' legal clinics. For more information, class dates and descriptions, please visit: edu.eugenegears.org.

EUGENE AND OREGON MAPS AND RIDE GUIDES

All free unless noted – Call 541-682-5471 to request. More maps and information are available on our website: www.eugene-or.gov/bicycles

- The Eugene Springfield Bicycle Map and Resource Guide
- Ruth Bascom Riverbank Path System
- Oregon Coast bike route map
- Oregon Bicycling Guide (statewide map)
- Lane County Bicycle Map

**For more information on
bicycling, visit our website:
www.eugene-or.gov/bicycles**

WHAT'S HAPPENING?

Some really good and informative Eugene bike websites:

www.eugene-gears.org – Greater Eugene Area Riders
www.travellanecounty.org – Things to do Around Lane County
www.eugene-srts.org – Eugene Safe Routes to School Program
www.kidicalmass.org – Kidical Mass—Family Ride

Eugene bike blogs:

www.webikeeeugene.org
www.eugenecycles.com



Public Works Engineering
99 E. Broadway, Ste. 400
Eugene, OR 97401

Do you have comments or need more information about
bicycling in Eugene?

Contact us at:

Phone: 541-682-5471

Email: lee.shoemaker@ci.eugene.or.us

URL: www.eugene-or.gov/bicycles

MANY THANKS TO THE ONTARIO MINISTRY OF TRANSPORTATION AND THE CITY OF
PORTLAND FOR SHARING SOME OF THEIR CYCLING SKILLS GRAPHICS WITH US